

The Family Flyer



Supporting Military Families Cape Cod—Southeastern Massachusetts—SE New England

Beehive Food



A Project of the Masonic Angel Foundation

Food Program for Military Families

Are you a Cape Cod connected military family who could benefit from free food? Maybe you struggle to make ends meet but make too much to take advantage of other food assistance programs?

This program is designed to ease the financial challenges of families. Open to: military families of all branches, with children AND who's unit or home is on Cape Cod.

Once a month participant families would be able to pick up a bag containing:

- Large package of cereal
- Large package of pasta
- Can of pasta sauce
- Multi-pack of animal crackers
- Package of fruit-filled cereal bars
- Bag of white rice
- Box of Mac & Cheese
- Multi-pack of toaster pastries
- Pound cake
- Multi-pack of cookies (for recess snacks)
- Box of pasta salad

HOW IT WORKS: Participants pick up a food package each month for year, allowing other bills to be paid.

For full details [email](#) or call Erin 508-968-4855.

Read about Beehive Food Programs at local schools [HERE](#).



3rd Annual Disaster 5K Run/Walk

SAT 19 OCT @ Hyannis Village Green

Registration from 8—9a.m.; Race starts @ 9:15 a.m.

Medals for the first male & first female finishers "Master & Mistress of Disaster"! Free T-Shirt for the first 100 registrants.

Join them for a special "Boston Strong" responders recognition opening ceremony.

For more information on how to register or form a team, visit

www.RedCross.org/CapeDisaster5k, call (508) 775-1540 ext. 19, or email hilary.greene@redcross.org



WARNING: No "MyPay" App

There is an App called "MyPay DFAS LES" in the Android App store. This App is not sponsored by the DoD or DFAS. Using non-sanctioned applications to access your myPay account can potentially lead to the compromise of your myPay account information and theft of funds.

This information is off of an Army Cyber Crime Alert notice but it still applies to all federal employees. For more information on computer security and other computer related scams visit the [CCIU website](#).



Operation: Thank You!

ATTENTION

Military Servicemen, Veterans & Families

Get 30% off*

October 20th - October 23rd, 2013

Excludes Luggage, Generators, Propane and Fine Area Rugs

What is Operation: Thank You!?

Ocean State Job Lot has a long history of commitment and support for our military service members and their families. Operation: Thank You! is an extension of that commitment and an expression of our gratitude for all they have done and are doing for our country.

As part of Operation: Thank You!, all active and retired military servicemen and women, their families and dependants will receive 30% off their purchases* at any Ocean State Job Lot store during the four day period from **Sunday October 20th thru Wednesday October 23rd**

* Excludes Luggage, Generators, Propane and Fine Area Rugs

Who can participate?

All Active Duty, National Guard, Reserve and retired personnel, Veterans and their immediate family members and dependants are eligible to participate. Positive ID is required at the time of checkout. Acceptable forms of ID include:

- DOD Active / Retired Military ID
- DOD Active / Retired Military Dependant / Family ID
- DD-214 / Military Discharge Papers
- VA ID Card
- VA Hospital ID Card
- VA Service Connected Disability ID Card
- CAC ID Card
- VFW ID Card
- American Legion ID Card

What is the checkout procedure?

- 1) Inform the Sales Associate at the register, prior to the start of the transaction, that you are participating in Operation: Thank You!.
- 2) The Sales Associate will ask to see your ID (refer to the list above).
- 3) Your 30% discount will be calculated at the conclusion of the transaction and will appear on your receipt.

Other Program specifics

- All products are eligible for discount with the exception of Luggage, Generators, Propane and Fine Area Rugs
- 30% Discount may not be combined with any other offer, including but not limited to Job Lot Internet Coupons and advertised sale items.
- All standard payment and return terms and conditions apply.
- Military ID is required

Kids Eat Free Every Sunday in October

The 99 Restaurants are offering a *Free kids meal is valid for child age 10 and under.

Kids meal must be ordered off the Kids Menu. Child must be present to receive the free kids meal. Tax and gratuity are not included. One free kids meal for every adult entrée purchased. Not valid with any other offers, discounts or coupons.



Tinker Tots— Indoor Playgroup

WEDs from 23 OCT–30 APR, from 9:30–11:00 a.m. @ Joint Base Cape Cod Gym, 4180 Connery Ave, Bourne.

Free play for under ages 5 tunnels, games, parachutes, other activities, and meet other parents. Open to Parent, caregiver, kids ages infant–5; older kids OK but parents must supervise & provide age-appropriate activity.

Q: Contact Jodi by [email](#) or 508-968-6635

10% Military Discount Everyday

Military Discount Program: 10% off your purchase every day in all our retail stores, outlet stores, and online at YankeeCandle.com. This discount can be combined with any other in-store or coupon discount.

Who is Eligible: All active and retired members of the military, plus their immediate family..

**YANKEE
CANDLE®**
America's Best Loved Candle™



How to Receive the Military Discount:

Retail and Outlet Stores: Simply present any valid form of military identification to cashier at checkout.

Accepted forms of ID include: * U.S. Uniform Services Identification Card, * DDT214 Citation or Commendation, * U.S. Uniform Services Retired Identification Card, * Current Leave and Earnings Statement (LES), * Veterans Organization Card such as VA, American Legion and VFW

Website Orders: Email or fax us a copy of your Order Confirmation. info@yankeecandle.com

Operation Tribute registration open NOW –November 1st!

Operation Tribute acknowledges the sacrifices being made by the children of all military families living in New England, New York and New Jersey including the Coast Guard, National Guard, Reserves, Army, Navy, Air Force and Marines by offering them a holiday gift. At the request of a member of a military family, Operation Tribute will provide an age and gender appropriate gift to each child registered ranging from newborn to age 16. Each participating military family will be required to make the request between September 1 through November 1 and include the name, age, and gender of each participating child, the address that the package will be shipped to and the name, email address, service, rank and unit of the military service person. Registration can be done by calling their corporate offices at (207) 221-0296 or [can be done](#)

FREE Evening at Discovery Museums

SAT 02 NOV 6—8 p.m.

@ Science Discovery Museum, 117 Main St, Acton MA 01720

At the Science Discovery Museum children 5 and over along with an adult can explore scientific concepts and hands-on creativity. Children learn that science starts with your hands, your eyes, your ears, your senses. Each exhibit has a hands-on component and each component encourages children to explore what might be considered ordinary in an extraordinary way.

Registration is required by THU 24 OCT and is open to IMMEDIATE family members of service members.

The service member does not have to present. However all children must be accompanied by an adult and chaperoned throughout the event.

To register, contact Paula Burgielewicz @ paulab@umext.umass.edu. This event is hosted by MA Operation Military Kids

Come enjoy a free evening at



1st Annual Bourne Special Needs Resource Fair

SAT OCT 19 from 9 a.m.—12 p.m.

Bourne Middle School Cafeteria located at 77 Waterhouse Road



Bourne SEPAC Special Needs Resource Fair joins over special needs community organizations and businesses across Massachusetts to put together the 1st Annual BOURNE SEPAC Special Needs Resource Fair. It is an opportunity for individuals, families and professionals to discover the wonderful disability and special needs resources Massachusetts has to offer its Special Needs and Disabled Community.

Community members with family members who have special needs are invited to attend this FREE and OPEN TO THE PUBLIC event.

Participants will have an opportunity to meet with many local agencies and organizations that provide services and support for individuals with disabilities. Light refreshments are provided and parents will have an opportunity to network as children can explore the various activity booths provided by school staff, students, and volunteers.



Operation MCIT (Military Child Intelligence Training)

Who: All MA National Guard Youth

What: A series of missions for you, should you choose to accept

When: November–March, one per month

Where: Right from your own home

Why: Learn more about the Military and why it's special to be a Military Youth!

To participate and receive your missions;

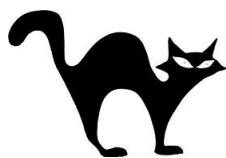
1. Register with the Child and Youth Program: e-mail your name, age, Service Member's name, email and mailing address to MASSNGYouth@aol.com
2. Each month you will receive a mission to complete
3. Keep track of completed missions and report back to us
4. Each child will receive a certificate of completion

FREE—Haunted Barn Event for Military Families

SAT 26 OCT from noon–4 p.m. @ Smithfield Farms, Falmouth MA

You are invited to join us for an afternoon of FAMILY FUN! This event is open to all families that are impacted by the deployment of a loved one!

- Grooming, tacking and riding horses
- Creating gingerbread houses
- Haunted hayrides
- Refreshments
- FREE to military families



Space is limited!
To register contact
Kerry Bickford by [email](#)
or call 508 -375-6695



There will be a one-hour support group for the adults while children work on their haunted houses. *This program is sponsored by Operation Military Kids Cape Cod & Cape Cod Cooperative Extension*

Mashpee Schools Build Resiliency in Military-Connected Children

Two Mashpee elementary schools (K.C. Coombs Elementary and Quashnet Elementary) are participating in a new Home Base research study designed to be the first step in determining how schools can best support military-connected students in grades one through six.



Home Base is working with MA Secretary of Education Dr. Matthew Malone to raise awareness of the challenges facing military-connected children and families throughout MA. Secretary Malone and MA Dept of Veterans Services Secretary Coleman Nee visited the Home Base clinic this summer [Home Base's Staying Strong initiative](#). In Massachusetts, it is estimated that 231,000 family members have lived through two or more deployments in support of Operation Iraqi Freedom or Operation Enduring Freedom in Afghanistan. Research suggests that a child's well being is affected by a parent's deployment to a war zone and their return home.

In Mashpee, adjustment/guidance counselors and school nurses will meet with participating military families and work together to develop an individual Resilience Support Plan for military-connected students in their school. This plan will outline ways in which the classroom and school can offer additional support to the student. Next spring, the two schools will be asked to evaluate the Resilience Support Plan model. The goal is to strengthen classroom and school-wide practices that foster the well-being, positive academic experience and support resilience in military-connected elementary school-aged children. Home Base is looking forward to working with the Mashpee School System during the coming school year.



Fall Adventure Series features Harbor Islands

In October, some 200 Iraq and Afghanistan veterans and their families will enjoy a full day on Boston's Harbor Islands to mark the start of another season of the Home Base Adventure Series. The Harbor Islands cruise is generously sponsored by Bank of America.

This summer, hundreds of service members, veterans and their families joined Home Base for Adventure Series activities including sailing on the Charles River, and baseball with the Pawtucket Red Sox and Portland Sea Dogs.



The Adventure Series at Home Base offers military veterans and their families an opportunity to explore a new sport or activity together, meet other military families – and get acquainted with the Home Base Program. Participants do not have to be receiving care through Home Base, but for many individuals and families, the Adventure Series offers a first step into the program.

All events are free to participants, thanks to the generous support of host organizations like Bank of America, Boston Duck Tours, Community Boating, the Museum of Science, The Naismith Memorial Basketball Hall of Fame, Pawtucket Red Sox, Portland Sea Dogs, and Sugarbush Ski Resort. You can [register to receive Adventure Series emails here](#).



What's Happening on Joint Base Cape Cod

FoodRunner For Breakfast & Lunch

Located on the intersection of Richardson Rd and General's Blvd, FoodRunner is open for breakfast and lunch from 6:30 a.m.–2:00 p.m. daily. They offer free delivery is available MON–FRI from 11a.m.–2 p.m. (\$10 minimum please). 508–237–6995

Menu samples: Breakfast Burrito – Build your own \$6 ; Fruit–Yogurt–Granola \$4.50 ; No Bean Chili \$5.50 ; Frozen Fruit Smoothie \$4.50 ; Kayem Hot Dog \$2.50 ; Pulled Pork Sandwich \$ 6.50 ; various Grilled Chicken sandwiches \$6.50 , various Angus Burgers \$5.50–\$6.50



Next Week: One-on-One Financial Counseling

THU 24 OCT

Open to all branches, civilian employees, and spouse! The time is now to get a handle on your savings & maximize the power of your earnings!! Schedule an appointment today!!

Email [Erin Creighton](mailto:Erin.Creighton@jbcod.mil) or call 508-968-4855.

Upcoming at the Falcon Golf Course

Red, White & Blue Scramble has been Rescheduled!

SUN 27 OCT @ 9 a.m.

4 Person Team, 1 Team Member MUST be a Female!

6 Holes from **Red** Tees ; 6 Holes from **White** Tees ; 6 Holes from **Blue** Tees ; **Ladies play red on all holes**

Toss out the worst hole from each (1 **Red**, 1 **White**, 1 **Blue**) and the Total of the Remaining Holes is your Total Score [15 Holes] . \$35 per person includes ALL Fees. Sign up sheet is up now!



The Base Challenge

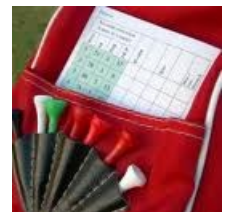
MON 11 NOV—9 a.m. shotgun

This event will be open to all Military and Federal employees that work and play on Joint Base Cape Cod. If space is available, Mass State employees will also be able to participate. Please contact the Falcon Pro Shop to check availability for sign up.

The tournament will be a four man scramble format that will use the White tees on holes 1-9 and Blue tees for holes 10-18.

The field will be held to 18 Teams and fees will be \$45.00 per person. This will include greens-cart-entry fees and lunch. I suggest everyone prepay by check to reserve your spot in the event.

Prizes for 1st and 2nd place and closest to the pin on the 12th hole. [May be something for last place also!]



To Sign Up for events contact the Falcon Pro Shop at 508–968–6453 or email [Dave Mosher](mailto:Dave.Mosher@jbcod.mil)

Career and Entrepreneurial Opportunities & Assistance

This week's search results for jobs within 25 miles of Plymouth on: [US.jobs](#) , [TAOnline.com](#) , and [Mass-Veterans.jobs](#),

Current Openings for [MA State jobs](#) ; [MBTA](#) ; [MassHousing](#) ; [independent authorities and quasi-public agencies](#)

[Merit Apprenticeship Program](#) building tomorrow's workforce for trades

Career Event from One-Stop Career Centers

Career Fair WED 30 OCT from 10:00 a.m. - 2:00 p.m. at
Middleborough Town Hall, 2nd Floor, 10 Nickerson Avenue,

Be sure to dress for an interview. Bring plenty of resumes. If you are a member of any MA Career Center, bring your ID card # with you to all career center events. If you are not a member register [online](#) and bring your account # with you. If you are collecting unemployment, this counts toward your work search. Sponsored by *Plymouth Career Center & Middleboro on the Move*

Careers in the Massachusetts Department of Corrections FRI 01 NOV
from 1:30– 3:30 p.m. @ 44 Front Street, 6th floor, Worcester

Please join us for a "Veteran" focused workshop discussing preferential hiring for Veteran's and best practices for success with the Civil Service Exams for CO's and CPO's. This workshop will include topics on background checks and physical fitness standards and requirements & qualifications for the uniformed positions, as well as a discussion on women in Law Enforcement & how to obtain a job in the DOC other than Corrections Officer. You may register to attend this seminar by contacting: [Bill Ryan](#) at 508-373-7620 or [Tom Forhan](#) at 508-373-7624. *This event is sponsored by the Workforce Central Career Center.*

Plymouth Area Veterans Resource Panel & Expo THU 07 NOV

8 a.m. registration,

8:30— 10 a.m. program

10—13:30 networking and expo

Program topics include: Financing available to veterans, marketing, government contracting and procurement. Special Guest speaker: Seth Goodhall, SBA Regional Administrator. *This event is sponsored by the Plymouth Area Chamber of Commerce and SBA.*



UPS Has Positions Open

Casual Package car driver Full time, & Casual Feeder Driver \$16.10/hr , Christmas Driver Helper \$ 9.50/hr. Military Friendly Program [here](#)

Veterans to Technicians

Audi of America seeks qualified Veterans to meet growing dealership demand for talented and experienced service technicians. Minimum qualifications include: honorably discharged, completed formal advanced military technical training (e.g. aircraft maintenance, avionics, electronics, hydraulic, mechanical, power generation or welding), and proof of 3-5 years experience.

Find more out online at [audivets.com](#)



These job listings are provided by the Mr. Michael Kelley, Veterans Employment Representative Job Search Specialist at Plymouth Career Center. For more information on these and many more employment opportunities contact Mike at mkelly@detma.org or at 508 -732-5309





Chatham Lodging Association Giving Away Free Stays to Veterans for Veterans Appreciation Days

For the second year in a row, Chatham is planning a very special Veterans Appreciation Weekend **09 & 10 NOV**. Six bed & breakfast inns from the Chatham Lodging Association have set aside two-night stays for Friday and Saturday, November 9 and 10, and will be offering them free of charge to the lucky veterans whose entry will be drawn on **01 NOV**. Chatham merchants and restaurants

will also be offering specials to our veterans over the Veterans Day weekend. **In order to enter to win, veterans are asked to go to: www.honoringallwhoserved.com**

The annual Veteran's Day Ceremony will take place at Veteran's Circle at Chatham's Main Street Rotary on **MON 11 NOV** at 11 a.m. to pay tribute to our nation's veterans. The Town of Chatham wishes to thank all of our nation's veterans, and this is one small way to show our gratitude. The Chatham Lodging Association is a group within the Chatham Chamber of Commerce.

WaterFire Salute to Veterans

SAT 09 NOV, Providence

This Veterans Day weekend join the celebration at [WaterFire Salute to Veterans](#). All veterans, military members and their families should come and allow a grateful state to Thank You for your service!



Beginning at 3:30 p.m. on the steps of the State House, there will be opening ceremonies with military leaders, troops and citizens in Rhode Island.

Be a part of the patriotic ceremony where 100 veterans, active duty and retired military members process from the State House with lighted torches to the basin. At the basin there will be ceremony with Joint Force Color Guard and a performance of the Navy Band Northeast.

There will be a resource center on Steeple Street to distribute information to veterans from Providence VA, Tri-care, Fleet and Family Services, state and non-profit advocacy for housing, employment, healthcare and more!

Federal Employee Open Season Starts MON 11 NOV

The 2013 Open Season for health, dental, and vision insurance and flexible spending accounts will be held from November 11, 2013 to December 9, 2013.

The annual Open Season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. FEHB Program enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year.



The 2014 [FEHB premium rates](#) ; [FEDVIP dental premium rates](#) ; [FEDVIP vision premium rates](#)

You can find 2014 Federal Benefits Open Season information on OPM's website beginning November 4, 2013.

Help Your Children Understand Money and Challenges in the Family Finances

For Parents:

[Talking With Your Kids About Living on Less](#) - This article discusses how to teach your children and teens about financial decisions during hardships. Topics include making choices, budgeting, and setting goals & priorities. Provided American Institute of Certified Public Accountants, www.feedthepig.org courtesy of Military OneSource.

[Financial Woes? How to Talk to Kids When Money is Tight](#) - This articles discusses how to talk to your children about money when times are tight. Topics include what to say, talking to younger children, talking to teens, and making rules stick. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD

For Children:

[Easy Ways For You to Pitch in and Help Your Family Spend Less](#) - This article is directed at children and discusses ways they can help reduce expenses around the household. Topics include utilities, supermarket shopping, movies and more. By Jack Silbert courtesy of Scholastic.com.

[Money Problems Can Mean Changes](#) - This article is directed at children and discusses what money troubles can mean for their family. Topics include changes, ability to help out, stress, and activities children can do to try and help make things better. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD

For Teens:

[5 Ways to Cut Spending...and Still Get to Do and Buy Cool Things](#) - This article is directed at teens and discusses money management for teens. Topics include practicing self control, researching purchases, tracking your spending and more. Provided by the FDIC Consumer Protection

[Family Money Troubles](#) - This article is directed at teens and discusses what money troubles can mean for their family. Topics include how a difficult economy affects families, what teens can do to make things easier, finding inexpensive entertainment and activity ideas. Provided by KidsHealth.Org Reviewed by: Michelle New, PhD



**Hyannis Youth
HYCC
Community Center**

Family Fun Night

FRI 01 NOV from 4 PM - 7 PM

@ Hyannis Youth & Community Center gym

The program is a free event to families and young people to come out and enjoy a night together watching appropriate entertainment as well as checking out the table displays by service agencies on Cape Cod of all types.

For more information contact Sally-Ann Imes at Sally-Ann.Imes@town.barnstable.ma.us or 508/790-6345 x109

Rock Climbing with Operation Military Kids

SAT 26 OCT from 12:30—4:30 @ Metro Rock, Everett, MA

For military youth ages 14 +. This FREE event promises to be challenging & fun!

Contact Va Shon Hiltpold to register by [email](#) or 781-891-0650. Registration deadline is WED 23 OCT! Space limited. Learn more about rock climbing [here](#).



Massachusetts National Guard
Airman & Family Readiness Program
Joint Base Cape Cod, MA



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Requests to be added or removed from this distribution list may be sent directly to Erin.creighton@ang.af.mil.

102d INTELLIGENCE WING DINING-IN

*In Memory of Many
In Honor of All*

2 NOVEMBER 2013 | **5 O'CLOCK IN THE EVENING**

Guest Speaker

Senator Scott Brown

Dinner Menu

Rolls and butter, Garden Salad with specialty dressing, Choice of Chicken Breast stuffed with Cranberry Sage stuffing or Prime Rib of Beef Au Jus, Seasonal vegetables
Chef's selection of potatoes or rice
Chocolate Cake, Tea and Coffee

Cocktail Hour: 1700 - 1800
Dinner: 1800 - 2200

Information

Early release (1400 Sat) and delayed report time (0900 Sun) for all attendees

Uniform for Officers: Mess Dress
Enlisted: Mess Dress or Semi-Formal
Civilian: Formal

Discounted rooms available at Cape Codder Resort at \$85 per night. Call (508) 771-3000

\$30 E-1 to E-4
\$35 E-5 / E-6 / Civilians
\$40 E-7 / E-8 / O-1 / O-2
\$45 E-9 / O-3 / O-4
\$50 O-5 and up



Cape Codder Resort & Spa

1225 Iyannough Rd.
Hyannis, MA 02601

Ticket Sale Reps

Wing Gp: Lisa Ahaesy • MDG: Cindy Thomas • MSG: Michael Dorsey, Stephen Tibbets • AOG: Carrie Lucas, Sharon Rich • IG: Donald Kochka, John Conti, Katherine Dias, Regina Baker • CCG: Julie Santos, Tracy Sylvia, Robert MacDonald
Please purchase tickets from YOUR group POC. Preferred payment is by check, made payable to: 102 Intelligence Wing Fund



Military Appreciation Event & Care Package Drive SAT 09 @ Cape Cod Harley Davidson, benefiting Cape Cod Cares for Our Troops

Placement of 60,000 National Ensign & Flag Placements for Veterans Day SAT 09 @ 1000 at Bourne National Cemetery

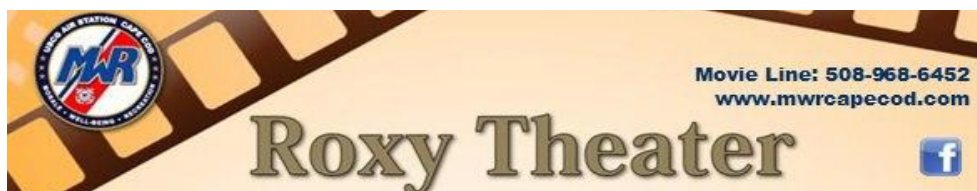


Trunk or Treat!

**THURS 31 OCT 4—6p.m.
@ Crosswinds Parking Lot**

Includes Youth Costume Contest at 6 p.m.

Decorate your
Treat -Filled -Trunk



FREE Movies !!!!!!!!!!!

To find out what's playing



This announcement is provided for the benefit of members of the National Guard. It is intended for informational purposes only and does not constitute an endorsement by the Massachusetts National Guard, the Commonwealth of Massachusetts or the United States Armed Forces. Any participation is solely the responsibility of the individual.